

# Complete Anti-Inflammatory Foods List

Keep this list handy when you shop! These foods help calm inflammation, support your immune system, and keep you feeling strong, energized, and balanced.

<b>Healthy Fats</b>	Avocado Olive oil (extra virgin) Walnuts Almonds Chia seeds Flaxseeds Salmon Sardines Tuna (light, wild-caught)	<b>Proteins</b>	Wild-caught fish Pasture-raised chicken Grass-fed beef (moderation) Tofu Lentils Chickpeas
<b>Fruits</b>	Blueberries Strawberries Raspberries Cherries Apples Oranges Pineapple Pomegranate	<b>Beverages</b>	Green tea Matcha Herbal teas (chamomile, ginger) Water with lemon
<b>Vegetables</b>	Spinach Kale Broccoli Brussels sprouts Sweet potatoes Carrots Beets Onions Garlic Tomatoes	<b>Whole Grains</b>	Quinoa Brown rice Oats Buckwheat Farro
<b>Herbs &amp; Spices</b>	Turmeric Ginger Cinnamon Rosemary Oregano Basil Parsley Cloves	<b>Dark &amp; Sweet Treats</b>	Dark chocolate (70%+ cocoa) Cacao nibs Berries dipped in dark chocolate

**Tip:** Print this and keep it on your fridge or save it to your phone for your next grocery run!

*Courtesy of JustSimplyWell.com*